

ABSTRACT

A heat-generating body which can constitute a adhesive portion by, as a main component, a water-containing hydrophilic gel agent obtained from a hydrophilic polymeric thickening agent and has an excellent heat-generating performance due to scarce transfer of moisture between a heat-generating portion and the adhesive portion is provided. The heat-generating body has the heat-generating portion formed by sealing a heat-generating composition causing an exothermic reaction in the presence of air in an air-permeable container in desired form such as bag form or sheet form and the adhesive portion formed by, as a main component, the water-containing hydrophilic gel agent obtained from a hydrophilic polymeric thickening agent and is characterized in that a difference between critical moisture values of the heat-generating portion and the adhesive portion is allowed to be 5% or less.